

## Strategies for Dealing with Stress

- Identify the stressors in your life.
- Simplify Your Life.
- Reduce effects of stress by eating well, exercising regularly and getting enough sleep.
- Accept that there are things you cannot change.

## Healthy ways to Manage stress

- Meditation, yoga, or biofeedback techniques such as brain wave therapy
- Exercise by going for a walk, lifting weights, jogging
- Spend time outdoors at the beach, in the woods, or sailing
- Have a chat with a good friend
- Take a hot, fragrant bath
- Go for a massage
- Listen to soothing music
- Set aside 20 minutes a day to do whatever you want, even nothing
- LAUGH more; watch a comedy movie or show - it relieves tension (See Article on Humor)

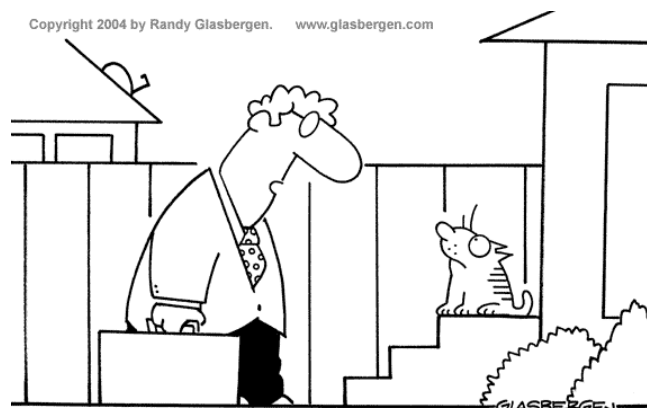
## Unhealthy ways to deal with stress

- Excessive drinking
- Using drugs or pills to relax
- Sleeping too much
- Over or under eating
- Watching too much television
- Withdrawing from social activities
- Taking your stress out on others

## Harmful Effects of Ongoing Stress

- Adversely alters your body and brain chemistry (stress hormones, cortisol)
- Weakens your immune system
- Heart disease, hypertension, heart attack, stroke
- Depression and anxiety
- Ulcers, gastrointestinal irritabilities
- Skin problems, hair loss
- Headaches, migraines
- Sexual dysfunction

Source and for full article: <http://www.essentiallifefskills.net/stress-management-strategies.html>



**"Your owners pet you to relieve stress. If that fails, you could be sued for malpractice. That's why you need cat insurance."**

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